

East Windsor Senior Center

Events and Activities

JANUARY 2015

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279

NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279 WEBSITE: www.eastwindsorct.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Senior Center CLOSED NEW YEAR'S DAY	Jewelry Making w/Janice \$\$\$ 10:30 a.m. - 11:30 a.m. Lunch at Crackerbarrel 11:30 am - 1:30 pm
5 Shopping - Walmart or Big Y 9:00 a.m. - 11:00 a.m. Wii Bowling 12:30 p.m. - 2:00 p.m. Art with Tex 12:30 p.m.	6 Game Day with Shawna 10:00 - 11:30 Chair Yoga 12:30 p.m. Fighting the Winter Blues 12:30 p.m.	7 Shopping at Geisslers 9:00 a.m. Wii Zumba 12:30 p.m. Warehouse Point Library 1:00 p.m. - 2:00 p.m.	8 Free Blood Pressure and Sugar Screening 10:00 a.m. Fitness Class \$\$\$ 10:00 - 11:00 In-House BINGO 12:30p.m. - 2:00 p.m.	9 CT Science Center \$\$\$ 9:30 a.m. - 2:30 p.m.
12 Shopping - Walmart or Big Y 9:00 a.m. - 11:00 a.m. Wii Bowling 12:30 p.m. - 2:00 p.m. Art with Tex 12:30 p.m.	13 Tea Time with Kristen 10:00 a.m. - 11:00 a.m. Chair Yoga 12:30 p.m. One-on-One Law Sessions 12:30	14 Shopping at Geisslers 9:00 a.m. IHop for Breakfast \$\$\$ 9:30 a.m. - 11:30 Wii Zumba 12:30 p.m.	15 Fitness Class \$\$\$ 10:00 - 11:00 Senior Club Meeting 1:00 - 3:00	16 Basketball Hall of Fame \$\$\$ 9:30 - 1:00 Jewelry Making w/Janice \$\$\$ 10:30 a.m. - 11:30 a.m. Mobile Food Share St. Catherine's Parking Lot 1:45 p.m. - 2:30 p.m.
19 Senior Center CLOSED MARTIN LUTHER KING DAY	20 Foot Care \$\$\$ 9:00 a.m. - 1:00 p.m. Focus Group 10:00 - 11:00 <i>"What's New with Dial-A-Ride"</i> Food For Thought 11:00 - 11:30 Chair Yoga 12:30 p.m.	21 Shopping at Geisslers 9:00 a.m. Wii Zumba 12:30 p.m.	22 Monthly Social Entertainment by: Grahams Cocktail Jazz Trio 12:30 p.m.	23 In-House Movie <i>Julie & Julia</i> 9:30 a.m. - 11:30 a.m. NEAT Market Place Presentation 12:30 p.m.
26 Shopping - Walmart or Big Y 9:00 a.m. - 11:00 a.m. EW Historical Society 9:45 - 11:30 The Book Club 10:30 a.m. <i>The Immortal Life of Henrietta Lacks</i> by Rebecca Skloot Wii Bowling 12:30 - 2:00 Art with Tex 12:30 p.m.	27 Medicare Savings Program "Secrets of the Grey Card" 10:00 a.m. Chair Yoga 12:30 p.m.	28 Shopping at Geisslers 9:00 a.m. Wii Zumba 12:30 p.m.	29 Fitness Class \$\$\$ 10:00 - 11:00 Wii Bowling vs Bloomfield at Bloomfield 12:30	30 Jewelry Making w/Janice \$\$\$ 10:30 a.m. - 11:30 a.m. Laughter Yoga \$\$\$ 10:30 a.m Mobile Food Share St. Catherine's Parking Lot 1:45 p.m. - 2:30 p.m.

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 - WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.